

Bolles Swimming 2020 Operating Precautions for COVID19
[Document will be updated and posted with any changes]
Current Revision: June 26, 2020

Bolles Swimming programs will continue to expand as needed while implementing health and safety guidelines in accordance with the Florida Local and State Government, FHSAA, USA Swimming, and the Bolles School. The following procedures will be in place beginning July 6th (and in many cases already are in place).

Please note, we understand that some families may be uncomfortable with sending swimmers with these precautions in place. If so, please do not return to swimming. These precautions are in place to provide every effort to keep each swimmer and family safe, as well as our staff; however, this does not provide any guarantee of any kind. We are working to keep every family safe during this time and working together is important, but there are many external factors outside our control. We will welcome you back to the pool when you make the decision that it is best for your family.

Please feel free to contact us with any questions or concerns. We are here to provide a positive team swimming experience with appropriate measures in place to protect the health and well-being of our families and the larger Bolles community. Thank you for your trust and support.

1. Respiratory Symptoms/COVID-19 Case

We cannot stress enough how important it is that you communicate both possible COVID19 and actual positive tests to us – we will keep your information private and will support you and your family in the process to follow up. We need all swimming families to feel comfortable with transparency in these instances, we would prefer to take precautionary measures and pause swimming rather than set our team and families back (and put them in danger) with a large outbreak.

POSSIBLE CASE: If a swimmer has contact with a positive COVID19 person, please notify the swim office [904-724-5213 or email Coach Peter or Mrs Carole]. This is part of our screening questions and if you come to the pool, swimmers should answer truthfully to “have you (the swimmer specifically) been in contact with a person with COVID19?” Second degree contact does not constitute a ‘possible case’ (when a family member or friend has contact but the swimmer does not have direct contact). We do advise that families take this seriously and consider testing or quarantine, but it is not required. Should the person who had contact in turn receive a negative test or experience symptoms, it would constitute a POSSIBLE CASE for the swimmer.

In a POSSIBLE CASE the swimmer will be required to get a cleared (negative) test before returning to the pool. *For a POSSIBLE CASE only that swimmer is asked to stay home until the test results for that swimmer are received.*

POSITIVE CASE: If a swimmer receives a positive COVID19 test, please notify the swim office [904-724-5213 or email Coach Peter or Mrs Carole. You will need to immediately quarantine for 14 days (following symptoms) or produce a clear (negative) test to return. *In the case of a positive test from a swimmer we will suspend all swimming operations for 3 days. The group the swimmer practices with will be notified and asked to be tested or quarantine before returning.*

You do NOT need to notify the swim office if a swimmer has contact with someone who has NOT tested positive but has been in contact with a COVID positive person.

Any swimmer or staff showing any concerning signs of respiratory issues: coughing, tugging in the chest, wheezing or shortness of breath will be sent home and may not return for 14 days without symptoms or produce a clear (negative) test. If a swimmer shows a temperature above 100.4, they will be given or asked to put on a mask and isolated immediately. They must be fever free without fever reducing medication for 72 hours before starting the 14-day quarantine (or produce a clear/negative test) returning.

2. Pre-Screening Staff and Swimmers

Temperature checks, using an infrared scanner, are taken on all persons (staff, swimmers, parents) as they enter the facility. All persons are asked questions about their personal health status and if they have had contact with a COVID positive person. Any person exhibiting a temperature of 100.4 degrees or higher will not be admitted. Any person who displays other visible symptoms of illness will not be accepted into practice that day. This includes but is not limited to cough, shortness of breath, difficulty breathing, chills, muscle pain, headache, sore throat or new loss of taste or smell. We ask that you err on the side of caution and be especially sensitive to all our families and the possibility of contagion. If your swimmer is exhibiting any of these symptoms, please keep him or her home.

3. Drop off and Pick up Procedures

Parents may **NOT** enter the pool. Please drop off and pick up while in your car, at the designated swimmer drop off and pickup points. We ask that you adhere closely to the practice times posted. The practice times marked on the schedule are when swimmers may FIRST enter the facility – please do not come early, coaches will plan to allow time at the beginning of the session to get everyone checked in. If it is necessary for you to drop or pick up at a different time, please call in advance, it may not be possible to accommodate. [There is an exception for learn to swim programs where parents will have a designated bleacher area, we ask parents to please wear a mask and sit in designated ‘distancing’ spots.]

4. Entry and Exit Procedures

Swimmers may enter through the main gate to the pool near the office. Coaches will screen them immediately before sending them to designated bleacher or covered on-deck spots. We will be working to avoid any swimmers congregating at the entrance – we understand this may happen at times. They will not be admitted prior to the start of practice time. **While the screening process is outdoors, we ask that swimmers wear a mask if standing and waiting with others at any point.**

All swimmers will be asked to wash hands before moving to designated seating areas. Swimmers returning from or finishing dryland training will be asked to rinse off and/or wash hands prior to entering the pool.

Swimmers will exit the pool near the softball field and proceed to the pickup area or to their cars. We ask swimmers to wear shoes and cover while on campus.

5. Personal Protective Equipment

a. Face Coverings - All coaches are required to wear face coverings and during screening and while indoors with swimmers. Every swimmer should have a face mask with them, in the event of an emergency or a lightning event swimmer may be asked to use masks while sitting in proximity to each other. **We would like to ask that swimmers wear masks during the screening process or if they are required to gather in groups.**

b. Gloves – Staff are required to wear gloves while screening/checking swimmers and in any instance that requires extensive cleaning/contact with shared surfaces.

6. Swimmer Groups

Group size is limited based on age ranges of swimmers and keeping approximately 4 swimmers per lane. Swimmers are to remain together as a ‘cohort’ or group, there is no combining or switching/visiting groups. To make the most efficient use of time, groups are organized by swimmer age and ability level. Groups sizes are different for senior swimmers as they are better able to follow prescribed procedures and be aware of distancing guidelines. Groups will be defined on the pool schedule and coaches will email families directly to identify their group. Coaches will also work to keep specific lanes/spaces assigned within groups and follow distancing practices while in the pool.

7. Dryland Activities

Coaches will include dryland programming during the posted practice times (if indicated on the schedule). **Dryland will be conducted outdoors, with the exercise room at the pool only being used for specific purposes and with limited numbers** (pullup work with only 12 people in the room at a time & increased ventilation). Designated spaces on deck or on the Bolles campus will be used for dryland. Coaches will be looking to keep swimmers appropriately distanced and outdoors during dryland. **Not all age groups will be offered dryland training until coaches and staff are available.**

Swimmers should be prepared to do dryland training in their swimsuits with athletic shoes and covering (shirt & shorts for boys, shorts for girls). Swimmers will be notified by their coach if they have dryland what items they need to be prepared with. Typically, this would include a yoga mat or towel (swimmers will be asked to lay down on the deck or in grass) and water bottle. **An outdoor rinsing station will be available following dryland.**

8. Water Bottles & Equipment

There is an operational water bottle fill station (touch-free) located at the entrance to the facility. **Swimmers should bring their own full water bottle every day.** Please be sure to take the water bottle with you, maintaining a lost and found area is not conducive to our cleanliness efforts.

Swimmers will bring all equipment with them to practice. Mesh bags should hold all items recommended for each age of swimmer and additional supplies are available through Carolina Swim Shop (they will send items to the office and it will be given to the coach for check in). There is NO storage of personal equipment at the facility.

Shared practice equipment (buckets, parachutes, cords, kick sox) will only be used when coaches are able to spray/wipe them with disinfectant between swimmers using them. Staff will maintain all shared equipment in designated locations and include them in sanitation processes.

9. Bleachers, Locker Rooms, Restrooms

Locker rooms will be off limits for changing or storing items until further notice.

Each practice group will be given a designated bleacher or covered area to put their belongings during practice. Areas will be marked with places to put items with appropriate distance between swimmers. Practice times include entry and exit so bleachers can be sprayed briefly following the practice.

Restrooms are for emergency uses only. We expect swimmers who are hydrated to need to use the restroom during practice on occasion. Only 3 swimmers at a time may be in the restroom, and they will take a disinfecting wipe with them to wipe down all touched surfaces.

10. Facility Cleaning and Disinfecting

All spaces and shared surfaces (bleachers, restrooms) are thoroughly cleaned and disinfected, and we continue to maintain these standards using our new cleaning/disinfecting procedures during the day and each night. Coaches will spray disinfectant in the areas used by a group as they complete practice prior to another group using the space or equipment.

11. Lightning / Inclement Weather

In the event of inclement weather – specifically lightning/thunderstorms - coaches use weather apps, the San Jose Golf Course alert, and visible signs of storms to make decisions to clear the pool. Each situation is different, and coaches work together to make sure they are aware of imminent danger and take appropriate precautions. **Coaches will use Team Unify's SMS messaging system to give up to the minute updates to families. Please be sure you have verified an SMS number on your team unify account (this is not the same as adding your phone number and requires an extra verification step).**

If a storm is in progress or arriving shortly, a coach may restrict a group from entering the facility, asking swimmers to stay in vehicles. Coaches will use SMS system to alert families it is safe to return and enter the facility. This prevents an issue of overcrowding once in the facility.

If a storm occurs during a practice, swimmers will be asked to exit the pool and proceed to shelter under the roof by the offices. Depending on the number of swimmers present, coaches may ask them to use masks at this time. SMS messages will only be sent if the practice session is to be cancelled and swimmers need to be picked up immediately. Practice sessions will never be extended past the posted practice time.

12. Team Gatherings/Large Gatherings

Until guidance from sport specific governing bodies dictates the safe conduct of competitions in large numbers, our team will limit gathering beyond the appropriate sizes of our groups. Any competitions or time trials will only be conducted within the assigned practice groups given to meet the 'cohort' mentality (described in 5. Swimmer Groups). There will not be 'combined' practices or practices across groups in our structure.

13. Parking and Use of the Bolles Campus

There is additional traffic on campus due to summer camp, swim camp, fall sports, returning faculty, etc., and athletes and families are reminded to follow drop off and pick up instructions. **Parents are asked to remain in their cars, and not congregate, or stand along the fence. Walking or using the Bolles Campus is not permitted.** (Please remember there are resident faculty and staff who are permitted to walk the campus). The playground is closed. Drop off and pick up will continue in front of construction along Whitehurst campus road. To keep traffic moving, please follow signage for drop off and pick up locations. **The Special Events lot is a construction zone and is not available for parking or pool entry.**

Drop off and pick up swimmers at designated practice and pick up times to avoid large groups. Timely pick up and drop off is imperative. Swimmers will not be permitted into the facility until the practice time listed, as other groups may still be exiting. Even if a sibling has a similar practice time, we ask that the sibling remain in the car until their practice time officially starts.

For older swimmers who drive, please park in LOT D/Student Lot near the gym and locker rooms, proceed around Bent Center to enter the pool near Whitehurst Campus. Congregating following practices will not be allowed.